

# 2018 February GHS

This institution is an equal opportunity provider.



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p><b>GHS Lunch Prices:</b>  <b>\$3.00 Daily</b>  <b>\$3.50 Adult Daily</b>  <b>Lunch</b>  <b>\$.35 Milk</b></p> <p><i>Milk is included with each student meal.</i></p>		<p><b>HAPPY VALENTINE'S DAY 19</b></p>	<p>1                      Chicken Nuggets                      or                      Roasted Pork* w/Gravy                      or                      2 Salisbury Steak                      Mashed Potatoes                      Fresh Garden Bar                      Large Cinnamon Roll                      Savory Corn                      Assorted Juice Cup                      Warm Cinnamon Apples</p>	<p>2                      Chicken Tenders                      or                      Sloppy Joe Sandwich                      or                      Variety Homemade Pizza*                      Baked French Fries                      Fresh Garden Bar                      Broccoli Cheese Soup                      Sliced Peaches                      Seasonal Fresh Fruit                      Chocolate Chip Cookie</p>	<p>Cal 841                      T.Fat 25.49 G                      S.Fat 7.3 G                      Chol 63.8 Mg                      Sodm 1347.20 Mg                      Carb 118.29 G                      Fiber 11.1 G                      Prtn 37.90 G                      Iron 4.67 Mg                      Calc 476.67 Mg                      Vit A 44.95 RE                      Vit C 34.76 Mg</p>
<p>5                      Popcorn Chicken                      w/Soft Baked Pretzel                      or                      2 Hot Dogs* or Chili Dogs*                      or                      Chicken Fajita                      Crispy Potato Wedges                      Fresh Garden Bar                      Vegetarian Baked Beans                      Chilled Pears                      Assorted Sorbet</p>	<p>6                      General TSO Chicken                      w/Mini Pretzel Bites                      or                      Cinnamon French Toast                      w/Cheese Omelet                      or                      BBQ Pulled Pork*                      Sandwich                      Fresh Garden Bar                      Seasonal Fresh Fruit                      Warm Cinnamon Apples</p>	<p>7  <b>SOUP BAR</b>                      (Broccoli Cheese, Chicken                      Noodle or Chili)                      w/Bosco Stick                      or                      Wild Mike's Cheese Pizza                      or                      Mini Corn Dogs                      or                      Cook's Choice                      Crispy Mini Tri-Taters                      Fresh Garden Bar, Sliced                      Peaches, Assorted Juice                      Cup &amp; Bag of Chips</p>	<p>8                      Italian Spaghetti                      w/Meat Sauce                      &amp; Parmesan Cheese                      or                      Spicy Chicken Tenders                      or                      Double Hamburger                      Fresh Garden Bar                      Garlic Bread                      Savory Corn                      Seasonal Fresh Fruit                      Chilled Applesauce</p>	<p>9                      Big Daddy 4 Meat* or                      Cheese Pizza                      or                      Breaded Chicken                      Filet Sandwich                      or                      Cheese Quesadilla                      Sweet Potato Fries                      Fresh Garden Bar                      California Blend Vegetables                      Mandarin Oranges                      Strawberry Craisins                      Vanilla Cupcake</p>	<p>Cal 795                      T.Fat 22.47 G                      S.Fat 6.7 G                      Chol 71.3 Mg                      Sodm 1127.69 Mg                      Carb 118.14 G                      Fiber 12.1 G                      Prtn 33.31 G                      Iron 4.52 Mg                      Calc 561.51 Mg                      Vit A 50.19 RE                      Vit C 38.36 Mg</p>
<p>12                      Chicken Nuggets                      or                      Mozzarella Sticks                      or                      Warm Ham* &amp; Cheese                      on a Sub Bun                      Fresh Garden Bar                      Seasoned Green Beans                      Pineapple Tidbits                      Assorted Juice Cup                      Strawberry Banana                      Johnny Pop Smoothy Bar</p>	<p>13                      3 Hard Shell or                      2 Soft Shell Tacos                      or                      Bosco Sticks                      or                      Homemade Italian Lasagna                      Fresh Garden Bar                      Dinner Roll                      Cheesy Refried Beans                      Chilled Applesauce                      Mixed Fruit</p>	<p>14  <b>Ash Wednesday</b>                      Dreamy Baked Potato Bar                      or                      Cupid's Chicken Tenders                      or                      Wild-About-You                      Mini Cheese Ravioli                      or                      Charming Oven Roasted                      Chicken-on-the-Bone                      Forget-me-not Garden Bar                      Sweet Heart Carrot Coins                      Be-Mine Breadstick                      Rosy Red Strawberries                      Huggable Juice Cup                      Valentine Sugar Cookie</p>	<p>15                      Popcorn Chicken                      or                      Turkey &amp; Gravy                      or                      Warm Cuban* Sandwich                      Mashed Potatoes                      Fresh Garden Bar                      Dinner Roll                      California Blend                      Vegetables                      Seasonal Fresh Fruit                      Assorted Juice Cup</p>	<p>16                      Big Daddy 4 Meat* or                      Cheese Pizza                      or                      Potato Crusted Fish                      Wedges w/Mini Pretzel                      Bites                      or                      Macaroni &amp; Cheese                      w/Mini Pretzel Bites                      Sweet Potato Fries                      Fresh Garden Bar                      Country Blend Vegetables                      Chilled Pears, Raisels                      &amp; an Ice Cream Sandwich</p>	<p>Cal 796                      T.Fat 22.09 G                      S.Fat 7.4 G                      Chol 61.9 Mg                      Sodm 1220.40 Mg                      Carb 113.32 G                      Fiber 12.6 G                      Prtn 37.42 G                      Iron 5.74 Mg                      Calc 567.35 Mg                      Vit A 42.11 RE                      Vit C 34.87 Mg</p>
<p>19                      Mandarin Orange Chicken                      w/Dinner Roll                      or                      Mini Corn Dogs</p> <p>Big Daddy Buffalo                      Chicken Pizza                      Fresh Garden Bar                      Seasoned Broccoli                      Mandarin Oranges                      Strawberry Craisins                      Fortune Cookie</p>	<p>20                      Chicken Tenders                      w/Breadstick                      or                      Grilled Cheese Sandwich                      or                      Chicken Alfredo                      w/Breadstick                      Fresh Garden Bar                      Tomato Soup                      Seasonal Fresh Fruit                      100% Fruit Sherbet Cup</p>	<p>21  <b>SUB SANDWICH BAR</b>                      (Turkey or Italian*)                      or                      Stuffed Crust Cheese                      Pizza                      or                      Gyro Sandwich                      or                      Breaded Chicken                      Filet Sandwich                      Fresh Garden Bar                      Steamed Peas, Sliced                      Peaches, Apple &amp; Cherry                      Juice &amp; Bag of Chips</p>	<p>22                      Chicken Nuggets                      or                      Roasted Pork* w/Gravy                      or                      Philly Steak Sandwich                      Mashed Potatoes                      Fresh Garden Bar                      Large Cinnamon Roll                      Savory Corn                      Chilled Applesauce                      Chilled Pears</p>	<p>23                      Variety of Homemade                      Pizza*                      or                      Mozzarella Sticks                      or                      BBQ Pulled Pork* on                      a Pretzel Roll                      Seasoned Curly Fries                      Fresh Garden Bar                      Sweet Carrot Coins                      Pineapple Tidbits                      Assorted Juice Cup</p>	<p>Cal 795                      T.Fat 22.01 G                      S.Fat 6.7 G                      Chol 54.0 Mg                      Sodm 1314.16 Mg                      Carb 113.30 G                      Fiber 11.8 G                      Prtn 36.88 G                      Iron 4.15 Mg                      Calc 527.09 Mg                      Vit A 41.24 RE                      Vit C 38.01 Mg</p>
<p>26                      Sloppy Joe Sandwich                      or                      BBQ Boneless Chicken                      Wings w/Soft Baked                      Pretzel Rod                      or                      Cheese Quesadilla                      Crispy Potato Wedges                      Fresh Garden Bar                      Vegetarian Baked Beans                      Sliced Peaches                      Assorted Juice Cup                      Rice Krispie Treat</p>	<p>27                      Beefy Nachos                      or                      Chicken Enchilada                      or                      Bosco Sticks                      Fresh Garden Bar                      Cheesy Refried Beans                      Chilled Strawberries                      Chilled Pears                      Chocolate Chip Cookie</p>	<p>28  <b>SOUP BAR</b>                      (Broccoli Cheese, Chicken                      Noodle or Beef Barley)                      w/Bosco Stick                      or                      Beef Tornadoes                      or                      Cinnamon French Toast                      2 Breakfast Sausages*                      or                      Breaded Chicken                      Filet Sandwich                      Garden Bar, Warm Cinn                      Apples, Juice Cup &amp; Mini                      Powdered Sugar Donuts</p>	<p><b>Account Balance:</b> Please access your account                      on-line at <a href="http://www.Germantownschools.org">www.Germantownschools.org</a>. Make                      checks payable to: German town Food &amp;                      Nutrition and include your child's name on                      your payment.</p>	<p>Cal 839                      T.Fat 23.24 G                      S.Fat 7.1 G                      Chol 69.9 Mg                      Sodm 1285.86 Mg                      Carb 124.78 G                      Fiber 10.6 G                      Prtn 34.86 G                      Iron 5.43 Mg                      Calc 582.35 Mg                      Vit A 55.24 RE                      Vit C 29.12 Mg</p>	